

Just Breathe

Mastering Breathwork

SESSION ONE

Foundations: What Is Breathwork?

Tuesday, March 10, 2026 • 7:00–8:30 PM • Zoom
Rev. Bryan Sawchuk • Unity of Fort Lauderdale

Prosperity Investment

Your financial circumstances should never be a barrier to your spiritual growth. Please do not let this prevent you from participating — you are welcome here.

\$60
suggested

How to Contribute:

In Person: Bring your check on Sundays to Unity of Fort Lauderdale

Mail: Unity of Fort Lauderdale, 2598 East Sunrise Blvd, Suite 2104, Fort Lauderdale, FL 33304

Online: unityfortlauderdale.org/give → select "JUST BREATHE ~ 2026"

"Transforming Lives through the Power of Love and Connection to Make a Positive Difference in the World!"

Recommended Reading

Just Breathe

Mastering Breathwork for Success in Life, Love, Business, and Beyond

Dan Brulé

Purchasing the book is optional but warmly recommended to deepen your journey and explore practices between sessions.

Available on: Amazon • Barnes & Noble • your local bookstore

The Journey Within

*"As within, so without.
As above, so below."*

*It is so easy to be pulled into the outer world.
Tonight — and for six weeks — we practice being in the world, not of it.*

"Within me — what am I noticing? What am I experiencing?"

This is our anchor. We return here again and again.

The Power of Writing

Logic → Experience → Integration

The Neuroscience

Writing by hand activates both hemispheres of the brain — integrating logic and emotion.

Research by Dr. James Pennebaker shows expressive writing reduces cortisol, strengthens immunity, and improves emotional clarity — in as few as 3 sessions.

Writing moves experience from the reactive limbic brain to the reflective prefrontal cortex — literally changing your neural pathways.

Permission

Move from logic to experience.

What you know in your mind is far less powerful than what you discover in your body.

Your journal is sacred space — honest, non-performative, yours.

Even one sentence counts.

Tonight's Journey

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|------|--|
| 7:00 | Welcome, Intentions & Prosperity |
| 7:10 | Opening Breathwork Practice — just breathe |
| 7:20 | Course Overview — The 6-week journey |
| 7:30 | What Is Breathwork? Foundations & The Three Basic Skills |
| 7:45 | BREAK (5 minutes) |
| 7:50 | Self-Assessment & Breath Awareness Practice |
| 8:05 | Breakout Rooms — Share & Journal |
| 8:20 | Group Share, What Are You Noticing? |
| 8:25 | Closing Breath & Homework |

Welcome

Take a breath. You made it here.

*"Your breath is the bridge between chaos and calm.
It is always with you — waiting to be noticed."*

In your journal or heart, reflect:

- What brought you here tonight?
- What are you hoping to receive from this 6-week journey?
- Why did you choose NOW?

What Is Your Intention?

For this course. For yourself. For right now.

*Share one word
or one sentence
with the group.*

There are no wrong answers. Your intention is already perfect.

Let's Just Breathe

Opening Practice — no instructions, no technique, just your breath

1 Close your eyes. Settle in.

2 Let your breath arrive naturally — don't control it.

3 Simply notice. What does your breath feel like right now?

4 Stay here for a few minutes.

What Are You Noticing?

After the practice — check in with yourself

Body

What sensations are you aware of right now?

Breath

Did your breath shift at all? Where do you feel it?

Mind

What is the quality of your thoughts?

Heart

What emotion or energy is present?

Share with the group — there's no right answer.

The 6-Week Journey

A Path of Presence, Peace & Transformation

1

Foundations & The Three Basic Skills

2

Breath Awareness: Being the Breath

3

Conscious Breathing: Doing the Breathing

4

The Three Convergences

5

Transformation & Healing

6

Spiritual Breathing & Integration

2026 Theme: "The Year of Presence: One Breath, One Moment, Infinite Possibility"

What Is Breathwork?

The Practice

Using Breath Awareness and Conscious Breathing to foster healing, personal growth, and transformation in spirit, mind, and body.

Used by:

- Elite athletes & Navy SEALs
- Trauma survivors & healers
- Spiritual seekers worldwide
- Stress & anxiety management

What Becomes Possible

- Reduce stress & anxiety
- Improve mental clarity
- Manage pain
- Heal trauma
- Cultivate deep presence
- Awaken spiritual connection
- Flip from fight-or-flight to rest & restore

The Three Basic Skills

The foundation of everything we'll practice together

1

AWARENESS

"Wake Up!"

Cultivating consciousness. Noticing your breath without judgment. Observing what is — right now.

2

RELAXATION

"Let Go!"

Releasing tension. Softening the body. Allowing the breath to deepen naturally as you surrender resistance.

3

BREATHING

"Take Charge!"

Gaining conscious control. Directing the breath with intention to shift your state, energy, and experience.

Practice: Wake Up!

Breath Awareness — Self-Assessment

Self-Assessment

Notice your breath right now:

- Low (belly) or high (chest)?
- Fast or slow?
- Smooth or erratic?
- Easy or effortful?

No judgment — just notice.

Guided Practice

- Close your eyes gently
- Observe your breath as it naturally is
- Notice sensations without changing anything
- If mind wanders, return gently to breath
- Witness — don't analyze or judge

Journal & Breakout

What Are You Noticing?

Journal Prompts

- What did you notice about your breath?
- Where do you hold tension in your body?
- What is your intention for this journey?
- Why did you choose NOW to explore breathwork?

Breakout Rooms

In small groups, share:

- One word for how you arrived tonight
- What you noticed in the breath awareness practice
- Your intention for the course

*Listen fully. Hold space.
No fixing — only witnessing.*

Between Now & Next Tuesday

Your Homework: Simply Notice

Morning

Take 3 conscious breaths before you get out of bed. Just notice.

Midday

Pause once and check in — how are you breathing right now?

Evening

Journal a few lines: What did you notice about your breath today?

See you Tuesday, March 17 at 7:00 PM • Session Two: Breath Awareness